

Track & Field: Plainfield sets record at Metuchen Relays

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<http://www.mycentraljersey.com/story/sports/high-school/track/2016/04/10/track-metuchen-relays-have-fast-times/82745914/>



Plainfield competes during the Metuchen Relays on Sunday at Metuchen High School.(Photo: Ed Pagliarini)Buy Photo

METUCHEN - Jason Edwards has been around track most of his life, but the Plainfield High School boys track and field coach never saw that one before. In December, senior Alistair Aaron was maneuvering between two runners along a tight curve during a race. In that traffic, he came down too hard on his left foot and fractured a metatarsal bone.

Aaron, who had finished sixth in the spring Meet of Champions in both the 100 and 200 meters, had his indoor season wiped out just like that.

“It’s not like something fell on your foot or got twisted,” said Edwards, who starred for the school in the late 1990s. “I’ve never seen anyone just run and then just break something. That

was the first time seeing something like that. You think you've seen it all until that one right there."

Sunday, the Plainfield speedster returned to action and helped the Cardinals set a Metuchen Relays meet record in the 4x100 relay on Sunday. The seventh annual competition featured a mix of individual races and relays with no team scores kept. Medals were awarded to the top six in each relay event and to the top 10 in each individual event. The meet had been pushed back a day because of Saturday's rainy weather.

Joining Aaron on the 4x100 team that won the race in 43.28 was Jason Cisson, Jaleel Simmons and Nahseem Woodard. The previous record was 43.5 set in 2010. What's more impressive is that this is the season opener and they didn't work much on taking the baton in practice, instead focusing on endurance. The quartet also took second in the 4x200 relay behind South Brunswick.

Cisson finished third in the indoor 55 meters at the MOC, and Simmons took eighth in last spring's high jump at the MOC. But the dream team didn't run together last spring because Woodard battled hamstring problems and Simmons had an early foot injury.

"They're starting to jell this year," Edwards said. "I just want everybody to be healthy after this race. Get out there, be competitive, show some heart and be healthy at the end."

They did show heart and emerged healthy. Aaron, though, is still working on his stamina after missing two months of competition.

"I took it slow at first because I didn't want to put extra pressure on it," he said. "But after one or two practices, I could tell the pain was gone. So it was like a full recovery."

Meanwhile, Cisson showed the form that gave him indoor success.

"He probably has the fastest start I've seen in a long time," Edwards said. "He's getting stronger. He's been hitting the weight room. I think he'll do well this season."

Cisson was just pleased his team did so well — and thinks they can get even better.

"We all push each other," the senior said. "There's a lot of talent on this team. We still got a lot of rebuilding to do and a lot of preparation to do still, a lot of workouts just to get ourselves up to full potential. ... We're all like a big family. We do everything together. When we go out, we go out together. If anybody needs help, we help them. We're just a good team."